

Hispanie American Heritage Celebration Migrant Ops Update Beef, it's what's for dinner

### Commitment defines character for Troopers at work and at home

#### By Army 1st Sgt. Patrick Sellen

JTF-GTMO Public Affairs

Commitment is a value that helps define us as individuals of character. So what exactly is commitment? The dictionary defines commitment as an agreement or a pledge to do something in the future.

We all make many commitments each week. However, it is our ability to follow through on those commitments that defines our character.

Personal Commitment - In our personal lives we make commitments that affect our personal well being. When you make the commitment to buy a home through a mortgage company your ability to assume that loan and pay it off greatly impacts whether or not you have a place to "hang your hat". That decision to purchase a mortgage not only affects having a place to live, but it affects your ability to purchase other goods and services with credit. Failure to make your mortgage payment will make it extremely hard for you to purchase anything with credit, which could in turn seriously affect your preferred lifestyle.

The ultimate commitment for me is to my wife. Not everyday of marriage is a great day, but through a lot of hard work and patience (mostly on her part) and commitments to each other we have persevered through 11 years of marriage. Making small commitments and following through on them is what makes this ultimate commitment work.

The more you follow through on your commitments, the more trust and confidence you will enjoy from others. So as you can plainly see, following through on your commitments will greatly affect your personal life.

**Professional** Commitment-As Troopers we all made a huge commitment to our country the day



we enlisted into the military. We all committed to uphold, protect and defend our country. Our ability to do that successfully depends on how well we follow through on our day to day commitments.

For example, as a first sergeant if I commit to helping one of my Troopers improve on their physical fitness score and I fail to show up, that soldier would lose all faith and trust in me. Not only that, the Trooper is likely to tell his or her peers, which will lead to distrust from the entire unit. This chain of events would occur because just one commitment was not followed through with.

You will spend months or longer trying to rebuild the trust of others if you fail to follow through on commitments. As a leader it is comforting to know that you have Troopers who will follow through on their commitments and get the job done. Don't be "that guy" who tells your first-line leader that you will complete a mission and then don't. If you are "that guy" your military career will not go far.

I challenge you in your personal and professional lives to be bold in making commitments and unwavering in fulfilling them.

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#### ON THE COVER:

Dive Master Petty Officer Curtis Berryman surfaces on Windmill Beach during Project AWARE Foundation beach cleanup. The local dive club, Reef Raiders, collected 300 pounds of surface trash and 760 pounds of underwater trash. (Photo by Sgt. Jody Metzger)

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## 525 MP Soldier inducted into Audie Murphy Club

Story and photo by Navy Petty Officer 2nd Class Jeff Johnstone

JTF-GTMO Public Affairs Office

"Audie Murphy has no peer as the supreme example of American war hero by which all generations of American war heroes may measure themselves when confronted by perilous circumstances."

-U.S. Congressman Olin E. "Tiger" Teague, before his death in 1981.

A Soldier realized a long term professional goal Sept. 12 as Sgt. 1st Class Shaun J. Coker, operations sergeant for the 525th Military Police 193<sup>rd</sup> Battalion, Military Police Company, Guantanamo Bay, Cuba, became the newest member of the Sergeant Audie Murphy Club (SAMC). The SAMC is comprised of superior noncommissioned officers (NCOs) who exhibit exceptional leadership and set the highest professional example for their Soldiers--hence the club's motto, straight from Murphy himself: "You lead from the front."

The SAMC was established in 1986 in honor of the most decorated Soldier in U.S. history, Staff Sgt. Audie Leon Murphy, who is considered to be the last great American war hero. Murphy, born in 1924, enlisted in the U.S. Army following his 18th birthday. Following basic training at Camp Wolters, Texas, Murphy was assigned to the 15th Infantry Regiment of the 3rd Infantry Division and fought valiantly in North Africa, Sicily, Italy, France and Germany during World War II. He earned a battlefield commission for his courage and leadership, and received every medal of American valor, as well as a Belgian medal and three French medals.

For Coker, achieving his long-term goal of membership into the club bearing Sgt. Murphy's name, places him among the elite of his NCO peers. Sgt. Murphy was a leader all Soldiers can learn from, and inspire to emulate, as is Coker.

"Sgt. Audie Murphy was a selfless

leader who ensured through his courage and valor that the mission was taken care of both on the battlefield with his Soldiers on, as well as off, the battlefield," said Coker. "He was an inspirational, dependable leader his Soldiers could always depend on."

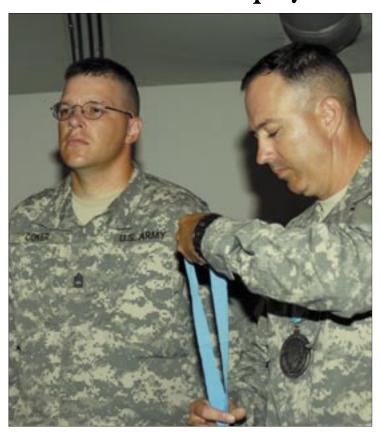
Coker also strives to be a NCO his Soldiers can rely While serving the U.S. Army Training Doctrine and Command, Coker exhibited professionalism,

leadership and the ability to train, manage and provide for the welfare of his Soldiers in the spirit of the SAMC.

Coker credits several of his past mentors, including former first sergeant and current Sgt. Maj. Daniel Borerro with jump-starting his drive to being the best NCO he could be.

"I knew by observing his leadership style that I wanted to emulate him and he helped instill the drive in me," said Coker. "In Fort Leavenworth, Ks., my first sergeant, John D. Snyder, opened the door to me and spoke with me about the club. He was always a civic-minded Soldier who emphasized to me the importance of not only performing my duties, but also making a difference."

Thanks in part to the positive influence of past mentors, Coker realized the honor in being a member



Sgt. 1st Class Shaun J. Coker prepares to receive the official Sergeant Audie Murphy Club (SAMC) medallion from 525 Military Police Battalion Command Sgt. Maj. Theodore A. Trahan (right) during Coker's SAMC induction ceremony on Sept. 12.

of the SAMC, not only for what it represents to the military, but also for what it represents to the larger community.

"When I found out I was going to be a member of the SAMC, I was overjoyed that they felt I could be a part of the organization," said Coker. "For me, it was an incredible feeling to learn they (SAMC) had the confidence in me and gave me their stamp of approval. I always felt like this was a club that I wanted to be a member of, and it would inspire me to be a greater NCO and enable me to excel as a leader."

Sgt. Maj. Donald Troxler, 525<sup>th</sup> Military Police Battalion S-3 sergeant major, was inducted into the SAMC in 2001 while stationed at Schofield

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## **Guantanamo facility will assist refugees in distress**

Story and photo by Army Sgt. Sarah Stannard

JTF-GTMO Public Affairs Office

In an attempt to front load operations centered on a possible influx of Caribbean refugees bound for the United States, representatives from Joint Task Force (JTF) - Guantanamo along with delegates from U.S Naval Station Guantanamo Bay, U.S. Southern Command and U.S. Department of Homeland Security met last week to discuss the current migrant incident plan and the ongoing construction of the migrant operations facilities here.

The \$16.5 million dollar construction project, which is currently about 20 percent complete, will be Guantanamo's "insurance policy for a regional contingency," Navy Capt. Bill Vaughan, director of engineering, told the group.

\$750,000 dollars recently spent on Guantanamo's leeward side was to upgrade the existing electrical systems. Though the camp's initial site will use existing water and sewage systems, new showers, toilet and laundry facilities will be built. A wastewater treatment facility with a maximum processing capacity of 300,000 gallons per day will be built, as well as approximately 25 latrines, which can double as hurricane shelters.

This project, which has recently been reported in the mainstream press as preparation for a post-Castro Cuba, will actually serve as a regional asset to temporarily house not only political and economic asylum seekers, but victims of natural disasters and other unforeseen events.

With the Naval Station's advantageous placement inside the Caribbean – though not on U.S. soil – the migrant facility will be well-suited to house refugees who have been displaced long term by hurricanes or floods that have caused major damage to the infrastructure of their home countries. Likewise, with Cuba central

among six Caribbean nations reported Transparency by International be in the top 20 of most corrupt governments in the world, Guantanamo's location is strategically important to the plan for interdiction of migrants seeking political or economic amnesty.

Presently, the U.S. Coast Guard intercepts about 600 refugees at sea every month, and estimates that another 50 reach U.S. soil weekly. Should there be a mass migration in the Caribbean for any reason, the Coast Guard estimates an average flow rate of about 3,000 migrants per week.

The Joint Task Force will be responsible for two key phases of the migrant facility operation. Personnel will conduct both the "precrisis" and "initiate camp build" phases

as soon as the migrant population approaches exceeds capacity at Guantanamo. (Normally, Guantanamo houses around 30 migrants at any given time.)

At that time, Joint Task Force TrooperswillmobilizetoGuantanamo's leeward side and commence erecting housing tents in and around the infrastructure which is currently being prepared.

The Joint Task Force will sustain operations for about two weeks, while

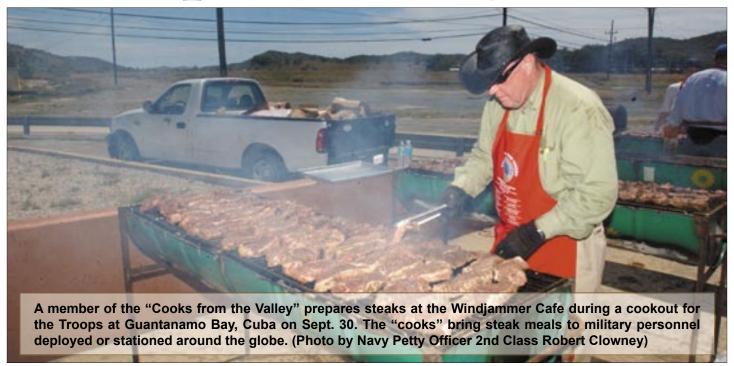


New construction on U.S. Naval Station Guantanamo's leeward side is part of a \$16.5 million dollar contract to upgrade existing migrant operations facilities on the base. When completed, the camp will serve as a regional asset, providing shelter not only to economic and political asylum seekers, but also to victims of natural disasters.

follow-on forces are mobilized. The JTF deputy commanding general, Army Brig. Gen. Cameron Crawford, will assume temporary command of this operation.

The Joint Task Force is fully prepared for such an eventuality with both sufficient manpower and leadership, but some Trooper liberties may be limited during the operation while under initial JTF command according to Marine Maj. Michael Lynch, JTF operational plans officer.

## "Cooks" serve up the beef and express their gratitude



#### By Navy Petty Officer 3rd Class William Weinert

JTF-GTMO Public Affairs Office

John F. Kennedy once said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." On Sept. 30, the "Cooks from the Valley" showed their gratitude, not in words, but in action, by grilling 7,000 pounds of steak for the Servicemembers and civilians who are deployed or stationed here.

The "Cooks" are a diverse group of citizens who volunteer their time and money to show their overwhelming admiration for all that America's fighting men and women are doing. The group includes people from all walks of life: There are lawyers and farmers, contractors and landowners, financial advisors and even a federal judge. Their common thread is their appreciation for America's finest.

Founded by Tom Anton, a lawyer from Bakersfield, California, the "Cooks" started grilling for America's Servicemembers 25 years ago, when Anton decided to show his gratitude. Early on, the group held cookouts aboard small naval vessels such as cruisers and destroyers, serving around 200 steaks each time. After the tragedies of September 11, 2001, they decided to step it up a bit, taking the cookouts to Carrier Strike Groups and serving up to 9,000 steaks per visit.

"This is the 15th cookout we've held since May of 2002, and in that time we've served more than 70,000 steaks," said Anton.

The group continues to expand from its humble beginnings, as Anton's generosity becomes more widely known.

"I called some people and asked if they were interested. Word of mouth passed, and more people wanted to participate," Anton said.

One volunteer, lawyer Boyd Carano, explained why he volunteers his time.

"It's gratifying to meet so many great young men and women who give so much for their country." Carano said, "I really do think that what our Servicemembers are doing is America's most important work."

David Turnipseed, a farmer from Bakersfield, Ca., who is participating in his second cookout, is glad to be on board with the project.

"It gives me some satisfaction to give back to those who give so much for their country," said Turnipseed.

Participating in his second cookout also, Miguel Sosa, a financial advisor for Merrill Lynch and veteran of the Armed Forces, also feels privileged to serve as one of the "cooks."

"I served four years in the Air Force. I feel proud of our men and women in arms, and I wanted to show my appreciation for what they do," Sosa said.

The entire expense of the operation is incurred by the members of the group. Each member chips in up to \$2,500 to pay for the steaks. Additionally, each member pays his or her own travel expenses. The U.S. government only pays when the group travels to restricted locales, like Guantanamo Bay.

In cooperation with the "Cooks," Guantanamo Bay Morale Welfare and Recreation personnel aided the effort by providing the group a location for the grill operation, and the side dishes.

As a demonstration of gratitude, the "Cooks from the valley" served steaks and goodwill to the men and women here who serve the nation. They in turn say 'Thanks'!

## German soccer machine roars through World Cup



By Navy Petty Officer 3rd Class William Weinert

JTF-GTMO Public Affairs Office

Although Brazil knocked the U.S. team out of the race for first place in the women's World Cup soccer tournament, the tournament still held plenty of excitement.

On Sept. 30, in Shanghai, China, the German women's soccer team retained their World Cup title. The German women's soccer machine trampled through the Brazilian defense to claim the win with a score of 2-0. The victory was a perfect cap to an outstanding

Through this victory, the German team made history by becoming the first women's soccer team to successfully defend a World Cup title.

tournament performance.

Fifty-two minutes into the game, center forward, Birgit Prinz scored the first goal, followed by another score by midfielder, Simone Laudehr in the 86th minute. The only

chance Brazil had came in the second half when Brazil's star forward, Marta Vieira da Silva, had a penalty kick, but that was rejected by the German goalie Nadine Angerer.

Throughout the game the German team maintained a strategy of working against Marta, and neutralizing her as a threat. The strategy proved successful and led the German coach Silvia Neid to comment, "I felt it was meant to be"

The German machine roared

through six games during the tournament without allowing a goal and conquering the competition with a total of 21 tournament goals, becoming the first team in history to complete a major competition without giving up a goal. The last time they yielded a goal was four years ago in a game against Sweden.

The German team's new challenge is a push to host the women's World Cup competition in 2011.

As the Germans were holding off the Brazilian attacks,

the U.S. team was fighting the Norwegians. With a score of 4-1, the U.S. came out victorious and went home with a respectable third place title.

www.fifa.com

With two goals by forward Abby Wambach and a goal from both forward Lory Chalupny and forward Heather O'Reilly, the U.S. team crushed the Norwegians making their own place in history. In all five Women's World Cup tournaments, the U.S. has been the only team to finish in the top three every time.



www.fifa.com

## Lady Cougars go two and out against Renegades

Story and photos by Army Sgt. Sarah Stannard

JTF-GTMO Public Affairs Office

The Lady Cougars (2-1) fell in two hard fought games against the Renegades (1-3) during one of three Captain's Cup volleyball match-ups Monday night.

Leading the Renegades in kills and digs, Nicole Gilstrap recorded six kills, two digs and one block. Jordana Ramsey who boasted two kills, six aces, six unreturned serves



and two assists, while Amy Oltrogge added 11 points to the Renegade's scoreboard in the second game, with six aces and five unreturned serves.

For the Lady Cougars, Samantha Lonstad recorded two kills, one dig, four aces and six unreturned serves.

The Renegades pulled out with an early lead as Ramsey's high-arching serves took her team on a run to a nine point advantage, 17-8. With an assist from Ramsey, Gilstrap attempted in vain to rocket the ball to the floor but it was picked up in the Cougar's only match-dig by Lonstad. With a quick tip, the Cougars managed to regain possession of the ball and served to tie up the game at 17. The Renegades again managed a possession-turnover and scored the next seven of nine. The Lady Cougars made one final attempt at a comeback and brought the team within four, 20-24, but a low-roll kill from Gilstrap ended the game.

Game two started much as the first with the Renegades leading, 4-1.

Ramsey served up the next four points uncontested, forcing the Cougars to take a time out in an effort to regain control of the serve. Trading points for the next few serves, a kill from Gilstrap began the team's six point run to 14-10. The Cougars managed to tie the game up, 14-14, but nine hard-hit serves from Oltrogge took the Renegades within one of match point, 24-14. Fighting hard to narrow the gap, the Cougars managed a short three point run, 17-24, which was interrupted by a kill from Ramsey for the game, 25-17, and match, 2-0, point.

Captain's Cup play continues October 10th with the Pirates (2-2) meeting the undefeated Slammin' Sisters at 7 p.m., the Shockers (0-4) matched up against the Renegades at 8 p.m., and the Lady Cougars will take on Blunt Trauma (2-1) at 9 p.m.

All games are held at the Denich Gym and will be played most Mondays and Wednesdays through the end of October.

■ Nicole Gilstrap attacks an over-pass from the Lady Cougars during a women's volleyball Captain's Cup match-up Monday night. Leading her team in kills, Gilstrap recorded six and lent to her teams two and out victory (25-20, 25-17) over the Cougars. 
■ The Lady Cougars receive a serve from the Renegades during their Captain's Cup match in Dennich Gym. 
■ Samantha Lonstad, Lady Cougars, serves one of four aces she recorded during Monday night's ball game.





FRIDAY, OCTOBER 5, 2007 | LOCAL SPORTS

## Reef Raiders Clean Up Gitmo Beaches



## HISPANIC AMERICANS CELEBRATE HERITAGE AND DIVERSITY

Story and Photo by Army Sgt. Jody Metzger

JTF-GTMO Public Affairs

Joint Task Force Troopers, Naval Station personnel and civilians celebrated Hispanic heritage and diversity with sizzle and style Sept. 29 at the Windjammer Club. The annual event, held in recognition of National Hispanic American Month featured the beauty and triumph of the Latino culture that has been interwoven into the threads of U.S. history.

The event added a splash of exotic culture and originality to the nightlife of Guantanamo. Women dressed in beautiful, vibrant dresses, while men wore formal dress attire. Salsa and urban Latin sounds called "Reggaeton" flowed through the ballroom serving as the cultural medium that united this high society night.

Though the mood was light in spirit, the purpose of the event remained clear: to recognize and celebrate the contributions of Hispanic Americans to the Americas. National Hispanic American Month runs from Sept. 15 to Oct. 15 and encompasses Columbus Day, Oct. 12. Columbus has particular importance to the Guantanamo community, since Columbus sailed into Guantanamo Bay and stayed overnight on Fishermen's Point on his second voyage to the Americas in 1494.

Despite the fact that Hispanic heritage reaches five centuries into the past, it was not until 30 years ago that the nation officially honored that heritage, and it wasn't until 1989 that the recognition evolved into a month-long celebration.

Guantanamo's annual celebration, organized this year by Lupe Beltran, president of the Hispanic American Heritage Association here, left nothing to be desired as the beautiful decorations and deli-



Couples romanced the audience with the cultural elegance of traditional dancing at the Windjammer during the Hispanic American Heritage Celebration Saturday, Sept. 29.

cious food enticed the senses. The event carried on into the night, as Guantanamo's local dance talent, representing a cross-section of the community including Joint Task Force personnel, displayed flare and originality in their cultural dance performances.

Beltran was thrilled with the attendance (over 300) and participation of all that volunteered to help.

"I am very happy that I could give back to my Gitmo family by putting together a program like this. All of us here in Gitmo are from different backgrounds doing different things, but we all pulled together to celebrate Hispanic American Heritage," said Lupe.

Madhya Husta, guest speaker and soon to be Cuban Special Category Resident Operations Director at Guantanamo Bay, affirmed that without these annual celebrations, Hispanic history and culture could be lost.

"If we forget who we are or who our ancestors were, then we do not know where we are going. We need this tradition to be able to reassure our children that it is okay to be different," Husta said.

Husta believes that it is vital that all Hispanics be aware of where they came from and to have pride in the fact that they have contributed so much to American society. The purpose of having Hispanic American celebrations like this one is to remind everyone that although Hispanic culture and tradition might be different, Hispanic's honor and pride in the U.S. and its freedoms are the same as other citizens'.

In every generation, Hispanic Americans have served valiantly in the United States military. Today there are more than 200,000 Hispanic Americans serving in the Armed Forces. America is grateful

## Mullen named as new Chairman of JCoS

Adm. M.G. Mullen

Chairman of the Joint Chiefs of Staff

To America's Soldiers, Sailors, Airmen, Marines and your families,

I am honored today to begin my term as Chairman of the Joint Chiefs of Staff. As I do, allow me to thank you for your service at this critical time in our Nation's history.

Whether you serve in Baghdad or Bagram, Kabul or Kuwait – whether you find yourself at sea in the Pacific, flying support missions over Europe, on the ground in Africa, or working every day at stateside bases – you are making a difference and so is every person in your family. Your service matters. And I do not take it for granted.

The world is a dangerous place. The hundreds of thousands of you who have deployed since September 11th – many of you more than once – already know that. You've stood up to those dangers. You have lost friends to them. You may even have lost some of yourself to them. The dangers of this new and uncertain era have hit you and the people you love squarely in the gut. I will not lose sight of that.

Nor should any of us lose sight of the need to continue serving. The enemies we face, from radical jihadists to regional powers with nuclear ambitions, directly and irrefutably threaten our vital national interests. They threaten our very way of life.

You stand between theses dangers and the American people. You are the sentinels of freedom. You signed up, took an oath, made a promise to defend something larger than yourselves. And then you went out and did it. I am grateful and honored, to be able to serve alongside you.

The law says my main job is to advise the President, the Secretary of Defense and the National Security Council on issues of military readiness and capabilities. I will do that. But, I also see myself as your representative to those same leaders, an advocate for



what matters to you and your families – your voice in the policies, programs, and processes that affect our National security. I will not forget the impact my decisions have on you.

I will remember that you, too, comprise a great generation of patriots, and that among you are combat veterans with battlefield experience that many at my level have never and will never endure. I will tap that experience. I want to make sure we learn from it.

I am not interested in planning to fight the last war, but neither am I interested in ignoring the valuable lessons we continue to learn from this one. It would be foolish to dismiss the knowledge you have gained. I will not do that.

I know the wars in Iraq and Afghanistan are taking a toll on you and your families. They are taking a toll on our equipment, our systems, and our ability to train as well. I worry, quiet frankly, that they are taking a toll on our readiness for other threats in other places.

But that does not mean our struggles there are not important. They most certainly are important. They are vital.

To the degree the wars in Iraq and Afghanistan contribute to or detract

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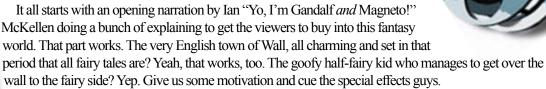
## Stardust enchants

By Army Sgt. Scott Griffin

JTF-GTMO Public Affairs Office

Rated: PG13

Running Time: 125 minutes



Tristan Thorne (the half-a-fairy) is in love with the town beauty. She says she'll marry him if he brings her a falling star they spot. Off on his hero's journey the poor sucker goes. Meanwhile, Lamia (Michelle Pfeiffer in all her glory) goes after the heart of the star so she can eat it and stay young forever – and I don't blame her at all. The dying king of Stormhold (a curmudgeonly Peter O'Toole) sics his deranged sons on one another to get the ruby the star wears. The sons proceed to murder one another, then return

as ghosts. Oh, and DeNiro is a pirate captain and cross dresser. I'm not making any of this up.

If it seems a bit much, it's because it is. And yet somehow, it all works. Charlie Cox does an able and likable job as Tristan and his journey to manhood is a pleasure to watch. As the star named Yvaine, Claire Daines is literally radiant. Someone in the special effects department deserves a raise for that job. As an actress, she doesn't quite pull it off. She comes close, but there's something a bit too screwball in her performance. That said, the romance between her and the half-a-fairy is charming and fun.

One thing the film has going for it is pure imagination. Based on the comic book (and later novel) by Neil Gaiman – well known for his amazing inventive skills – the film is familiar yet completely new, partly formulaic but also enchanting. Like the "Chronicles of Narnia" but, y'know, *good*.

Stardust is very much a romance, very much in love with fantasy and in love with fairy tales most of all. It is sprawling, it is epic and it is one of only two new movies in Gitmo this week, so you'll probably go see it regardless of my review. That said, I dug it.

Rating: ★★★★

### WEEKLY WEATHER FORECAST

#### Saturday, Oct. 6

Highs in the mid - 80's, and lows in the mid-70's.



Isolated T-Storms Sunrise: 6:53 a.m. Sunset: 6:45 p.m.

Chance of rain: 30%

#### Sunday, Oct. 7

Highs in the high - 80's, and lows in the mid-70's.



Isolated T-Storms

Sunrise: 6:53 a.m. Sunset: 6:44 p.m. Chance of rain: 30%

#### Monday, Oct. 8

Weather forecast provided by www.weather.com

Highs in the high - 80's, and lows in the mid-70's.



Scattered T-storms
Sunrise: 6:53 a.m.

Sunset: 6:43 p.m. Chance of rain: 20%

#### Tuesday, Oct. 9

Highs in the high - 80's, and lows in the mid-70's.



Sunrise: 6:54 a.m. Sunset: 6:42 p.m. Chance of Rain: 60%

Scattered T-storms

#### Wednesday, Oct. 10

Highs in the high - 80's, and lows in the mid-70's.



Sunrise: 6:54 a.m. Sunset: 6:41 p.m. Chance of Rain: 60%

Scattered T-storms

#### Thursday, Oct. 11

Highs in the high - 80's, and lows in the mid-70's.



Sunrise: 6:54 a.m. Sunset: 6:41 p.m. Chance of Rain: 60%

Scattered T-storms

#### Friday, Oct. 12

Highs in the high - 80's, and lows in the mid-70's.



Sunrise: 6:54 a.m. Sunset: 6:40 p.m. Chance of Rain: 60%

Scattered T-storms

## Audie Murphy from page 3

Barracks, Hawaii. Troxler believes the SAMC is a significant recognition for deserving NCOs who exhibit inherent leadership skills every NCO should strive to attain.

"The SAMC serves as a way to recognize NCOs who have significantly contributed to the Army, our NCO corps and the community," said Troxler. "When folks look at the SAMC and their members, they see that. They know that you have [contributed to the community] in the past. Members continue to serve as mentors and role models in our community and will hopefully bring up not only the Army's junior leaders, but other public servants. We want them to know that we help make our community what it is, and we want to be a part of our community and show our concerns for it."

What sets great NCOs apart from good NCOs is what Troxler explains as "inherent leadership qualities" that SAMC hopefuls are expected to possess when they go in front of the SAMC board.

SAMC candidates possess inherent leadership qualities that come from within and are refined through training,

experience and mentorship," said Troxler. "Inherent leadership qualities are who you are, to the core. Many times, we'll come across situations, incidents, concerns or challenges within a command we must respond to without being directed. We know that if we don't, the command, the mission or a fellow Soldier may suffer. We help to work through the problem and identify solutions. It's good to know that we are relied on in that manner, and if an issue comes across, we as SAMC members will respond."

"We have the tools and the drive to take care of any issues and our commands know these issues will be taken care of," said Coker. "We'll always break our backs to ensure everything necessary is done to make sure Soldiers are taken care of."

According to Troxler, the SAMC is also a lifeline, not only to club members, but to junior enlisted Soldiers who need an answer to a question or need a mentor they can turn to. An important mission of the SAMC is the development of junior Soldiers.

"The SAMC wants junior Soldiers to know there are NCOs available

around the clock," said Troxler. "We will be there to help groom and mentor junior Soldiers, and help set them up for success in their professional and personal goals. Soldiers will know that if they have a problem or question outside of our individual lanes or areas of expertise, as a member of the SAMC, we will be resourceful enough to find them that answer and get that mission accomplished."

"There couldn't be a better organization for a Soldier to be a part of," said Coker. "The SAMC not only validates an NCO as a leader, it serves to ensure that you know in your heart, your leadership style and your spirit, that you will never face a problem alone and there will always be someone you can turn to make things happen. The SAMC is an outstanding organization that does everything in its power to make a difference."

By continuing to utilize the inherent leadership qualities held in high regard by the SAMC, Coker intends to continue a mission every NCO should strive to achieve daily: insuring the continued personal and professional growth of his fellow Soldiers.

#### **Boots on the Ground**

"How are you spending Columbus Day?"

-Air Force Staff Sgt. Robert Schloendorn



Enjoying a barbeque on Hospital Kay.

-Army Spc. Niki Zimmerman



I plan on relaxing and catching up with family.

-Air Force Tech. Sgt. Robert Gagnon



Go to the beach, have fun and soak up the sun.

-Army Pfc.
Daniel Andrews

By Navy Petty Officer 3rd Class William Weinert



I'll have my feet strapped to a board while getting pulled around by a boat.

## God is the rock when life plans change

By Army Chaplain (Maj.) Daniel G. Jones

JTF-GTMO Command Chaplain

So there I was, cruising along at about 20 feet below the water's surface just enjoying the beauty of God's underwater creation. It was a Sunday afternoon and I was completing my required fourth dive to get certified in open water diving by Professional Association of Diving Instructors. Then my left ear starts to feel funny so I float up a bit and re-equalize and drift back down to feel the pressure yet again so . . . repeat step one. The third time I feel/sense/hear a light psssst sensation and then the rush of ocean water into my middle ear. OK, no pain, no vertigo – things must be OK.

I finish the dive and all seems fine with the exception of hearing in my left ear like I'm at the end of a long cave. I can live with that.

Monday morning, however, I awake to little pink blotches on my light blue pillow case. This is most definitely not good, so Kittery Beach Joint Aid Station here I come. Final verdict – popped ear drum. Don't get it wet for a month and thus no diving for a while. Did I mention I was in love with this diving stuff and had signed up for an advanced open water class? Why this little story?

Life sometimes can follow this same basic progression. We are going along enjoying, maybe even loving what is going on all around us, whatever that might be. Then, in the blink of an eye – in an email, a phone call, a letter, or a message on our phone – the world of bad news can come rushing in and our world, plans . . . life are changed and off balance. It happens – it's part of life as we know it, but what now?



First off, pray. If you don't know how or it's hard come see a Chaplain and we'll help you get it done and learn how. Next, hopefully you have a friend or confidant that you can talk to and share with. Do it. The best way to process things is to tell your story and get feed back. (Sometimes it is good to get feedback from a source that is not emotionally tied into the situation like a chaplain or trusted person in your chain of command.) Then, if possible give it time. Time has a way of changing the perspective, the emotions and the initial feelings to a point where you can better deal with the situation. Remember that God is with you always. Remember He does not change. Remember that no mater what time it is, no matter what the subject He is there to listen and share it with you. Remember there is not a Rock like our Rock to stand firm with you and for you each and every day.

#### Mullen, continued from page 11

from a stable, secure Middle East, they bear a direct effect on the security of the United States. That is why my number one priority will be developing a comprehensive strategy to defend our National interests in the region.

Next on my list is resetting, reconstituting, and revitalizing our Armed Forces, especially the Army and Marine Corps. I believe our ground forces are the center of gravity for the all-volunteer force and that we need to make sure that force is correctly shaped and sized, trained, and equipped to defend the Nation.

Finally, I intend to properly balance global strategic risk. We must stay mindful of our many global security commitments and of the core warfighting capabilities, resources, and partnerships required to conduct operations across the full spectrum of peace and conflict. The demands

of current operations, however great, should not dominate our training exercises, education, curricula, and readiness programs.

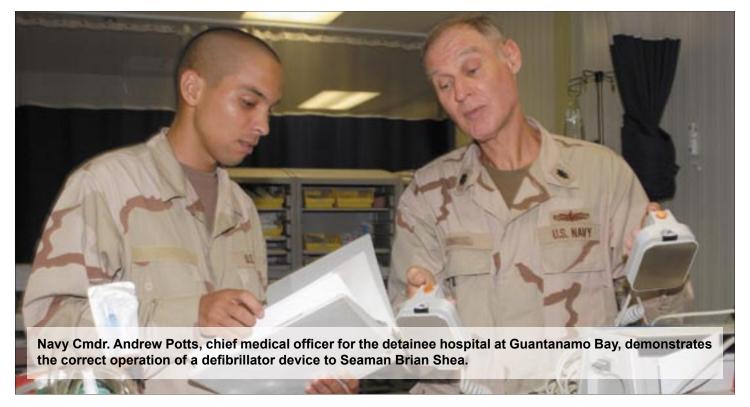
The conflicts in Iraq and Afghanistan will one day end. We must be ready for who and what comes after.

There is much to do. The speed of war, the pace of change, is too great for any of us to manage it alone. I need your help, your ideas, and your input. Whenever I travel to the field and to the fleet, I expect you to tell me what's on your mind. Tell me what you think. I need your constant feedback. I can't succeed – we can't succeed – without it.

You made a promise to defend this country. Let me make one to you: I will listen to you. I will learn from you. And I will endeavor to lead always with your best interest at heart

The way I see it, that is my job now.

#### Joint Task Force physician lives a charmed life helping others



#### Story and photo by Army Spc. Shanita Simmons

JTF-GTMO Public Affairs Office

A student. A doctor. A Sailor. A mentor. For more than 30 years, one Joint Task Force-Guantanamo physician has used his many talents to influence the lives of others.

As the chief medical officer of the detainee hospital here, Navy Cmdr. Andrew Potts spends the majority of his days working behind the wire, although his exposure to the detainee population is limited. His primary responsibility is supervision of the approximately 100 health care professionals who work directly with detainees on a day to day basis.

"I have lived a charmed existence. I have always known where I wanted to go, and I have remained focused," said Potts. "When I talk to young people, I tell them to try to develop a plan for their life. People with a plan or a goal do dramatically better than people without a plan or a goal."

At the age of nine, he knew he wanted to practice medicine. Potts, whose father who was a pathologist, said he was drawn to the profession by the opportunity to help people while making a decent living.

Although Potts was born and educated in Scotland, his family resided in Middlebrough, England for most of his life. Once Potts graduated from medical school and completed his residency in Scotland, he soon headed to the "New World" in search of job opportunities.

"There were more opportunities in the United States than in Britain because of the socialization of medicine. Although Britain has a first-world health care system, it does not reward people for their hard work," said Potts.

Although Potts settled in Canada for a year, he eventually took up residency in the state of New Hampshire. For the next 23 years, Potts worked as a solo family practitioner until the development of health care maintenance plans forced him to seek a more organized type of medical practice.

After working as a physician for an Army contractor, Potts eventually decided to join the Navy.

Potts' past 10 years as a Navy physician have been very eye opening and rewarding. He has served as medical director of the Space Shuttle Program at Naval Station, Rota, Spain, and he has ventured to third-world countries on humanitarian missions.

One of his most memorable experiences was traveling to sub-Saharan Africa, where he participated in a mission aimed at improving the relations between the U.S. military and African countries.

"We cleaned out buildings, painted schools, played soccer and commingled generally with the African people. They are a remarkable set of people who, despite having nothing materially, manage to remain upbeat and happy. They made us realize how lucky we are and how little we have to complain about." said Potts.

Although Potts has had many humbling experiences, one thing he will proudly boast about is his good health. As he approaches his 60th birthday, Potts attributes his positive attitude, physical fitness and good perspective on life to his health care regime.

"I stay active, play sports and exercise daily. Physically, I am in as good condition as many 30 and 40 year olds. You are as old as you feel or act. If you act like an old person, then people will treat you like you are old," said Potts. "If I do well on a physical readiness test, then it puts pressure on the younger Sailors to take it seriously."

# AROUND THE



■ Members of the JTF Joint Intelligence Group and J-2 shop vied for bench press prowess Sunday, Sept. 30 at the Marine Hill Gym. Petty Officer 1st Class Rodney Walker won Overall 1st Place lifting 425 lbs. Petty Officer 2nd Class Floyd Strand (pictured) won the Pound for Pound Award lifting 201% of his body weight. (Photo by Navy Capt. Michael Kautz)

▶ Navy Chief Petty Officer Christine Cots proudly shakes hands with Rear Admiral Mark H. Buzby as she re-enlists in the Navy Monday, Oct. 1 at the lighthouse museum. (Photo by Navy Petty Officer 3rd Class William Weinert)



